

What is Whole Health?

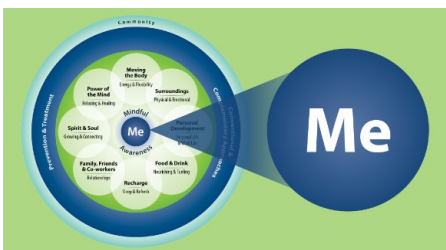
Whole Health supports your health and well-being. Whole Health centers around **what matters to you**, not what is the matter with you. This means your VA health care team will get to know you as a person to develop a personalized health plan based on your values, needs, and goals.

Why is VA changing the way health care is provided?

VA is transforming to a health care system, rather than a disease care system; one that empowers and equips Veterans to discover a new path to health and well-being.

How is Whole Health different?

Whole Health puts you in control of your care. It focuses on self-care, skill building and support. These services are not diagnosis or disease based but support the personal health goals of each Veteran. Approaches such as stress reduction, yoga, tai chi, mindfulness, nutrition, acupuncture, and health coaching are available. You don't have to wait until something is wrong to improve your well-being. Whole Health encourages you to set goals based on what is important to you, and work toward those goals with your health team.



Will Whole Health help me?

Studies show Veterans who use Whole Health services report being able to manage stress better and note the care they receive as being more person-centered. Veterans with chronic pain who used Whole Health services had a three-fold reduction in opioid use compared to those who did not.

Pain management is not the only benefit of Whole Health. Veterans have success with weight loss, improved mental health, and better vital signs and diagnostic test results.



Start your Whole Health journey today -

Check out the Whole Health information, tools, and resources that are available at www.va.gov/wholehealth.

Download the [Personal Health Inventory](#) from our website and get a head start on your own Whole Health journey.

Ask your VA health care team about Whole Health.